

Spice Up Your Fall!

Maynard Library Spice Club

CINNAMON

CINNAMON INFORMATION

The world's most popular baking spice, cinnamon's distinctive taste and aroma is enjoyed on its own (like in cinnamon rolls) and in combination with other warm spices like cloves, nutmeg, and allspice in sweet dishes like cakes, cookies and fruit crisps, breads and pies. It's also common in savory dishes—including soups, sauces, chutneys, applesauce, curries and vegetable dishes. It is often used in hot drinks like cider, coffee and tea. Cinnamon is found in spice mixes around the world including pumpkin spice, curry powder, five spice powder, ras el hanout, garam masala, Old Bay seasoning, quatre epices, baharat (Lebanese) and xawaash (Somali).



Cinnamon comes from the inner bark of an evergreen in the bay laurel family (Lauraceae), grown primarily in China, the Indonesian islands and Vietnam. As the bark is laid to dry in the sun, it curls into quills (cinnamon sticks). These quills are sorted for quality, and chips are produced by breaking up large quills with a machine. Most often, though, cinnamon is used in its ground form.

Indonesian or Korintje cinnamon (*Cinnamomum burmannii*) is the most prevalent cinnamon in America. Vietnamese cinnamon (*Cinnamomum loureiro*) has a distinctly sweet flavor and an exceptionally high volatile oil content. Gourmet cooks rate it as the highest quality cinnamon in the world.

Cinnamon's sweet, sharp fragrance comes primarily from the pivotal ingredient of cinnamon, cinnamaldehyde.

<https://www.lacademie.com/types-of-cinnamon/>

<https://www.frontiercoop.com/community/articles/cooking-with-cinnamon>

CINNAMON RECIPES

Sujeonggwa (Korean cinnamon tea)

<https://www.carolinescooking.com/sujeonggwa-korean-cinnamon-tea>

This easy sweet and spicy tea is wonderfully warming, despite being served cold. A great end to a meal or just because.

Total Time 50 mins Servings: 4 (or more)



INGREDIENTS

- 1 oz fresh ginger (around ¼ cup thin strips)
- 2 cinnamon sticks
- 4 cups water
- ½ cup sugar, white or brown
- 2 dried persimmon (if available)
- 12 pine nuts to serve

INSTRUCTIONS

1. Peel the ginger and cut into thin strips. Place the ginger and cinnamon sticks in a pot with the water and bring to a boil.
2. Once boiling, cover and reduce the heat to a simmer. Continue to simmer for around 40 minutes. The cooking liquid will become a deep red-orange color.
3. Strain the ginger and cinnamon from the tea and add the sugar. Stir it in so that it fully dissolves. Add the dried persimmon, allow to cool to just slightly warm before refrigerating overnight.
4. Serve cold, ideally in small bowls, with some of the soaked persimmon in each bowl (either leave one whole or, cut up which is easier to eat). Top with a couple pine nuts.

Traditional Mexican Horchata

<https://www.muydelish.com/traditional-mexican-horchata/>

Total Time 20 mins Servings 12 cups

INGREDIENTS

- | | |
|-------------------------------|--------------------------------------|
| 1 cup uncooked white rice | Sugar to taste |
| 2 cinnamon sticks | Ground cinnamon to garnish, optional |
| 1 12 oz. can evaporated milk | 1/2 tsp vanilla, optional |
| 1 12 oz can condensed milk | |
| 8 cups of warm water, divided | |

DIRECTIONS

1. Wash and drain the rice. Place the rice, cinnamon sticks and 4 cups of water into a bowl. Cover the bowl and refrigerate overnight (preferably) or a minimum of 4 hours.
2. Once you're ready to blend the rice, remove most of the cinnamon sticks but it's okay to leave small pieces with the rice.
3. Blend the rice in two separate batches by adding 1/2 of the rice & water with some of the cinnamon stick left behind. Puree until it's very smooth and it forms a paste-like texture--about 4 minutes.
4. Using a very fine strainer (or some cheese cloth) pour the blended mixture over a pitcher. Strain out as much liquid as possible, pushing on the solids with a spatula or spoon.
5. Repeat this process for the rest of the rice, water & cinnamon mixture.
6. Stir in the milks, vanilla (optional), and 4 cups of water. Stir well.
7. Taste and add more sugar or water if needed.
8. Chill and stir before serving over ice.



Cinnamon Cranberry Chutney

<https://www.frontiercoop.com/community/articles/cooking-with-cinnamon>

Yields 2 cups

INGREDIENTS

- 2 cups fresh or frozen cranberries
- 1/2 cup peeled, diced apple
- 1/2 cup orange juice
- 1/3 cup pitted Medjool dates (6 to 7 dates)
- 1/4 cup maple syrup
- 2 Tbsp apple cider vinegar
- 1/2 tsp Vietnamese cinnamon
- 1/2 tsp ground ginger
- 1/8 tsp ground cardamom
- Zest from 1 lemon



DIRECTIONS

1. Note: Cardamom is a wonderful flavor but can easily overpower a dish. Start on the low end with an 1/8 tsp or slightly less then taste and adjust from there.

2. Combine all ingredients in a pot and bring to a boil. Reduce to a simmer and cook until the dates and majority of cranberries have broken down, 15 to 20 minutes.
3. Remove from heat, let cool slightly, and serve.

Slow Cooker Apple Butter

<https://www.mybakingaddiction.com/crock-pot-slow-cooker-apple-butter-recipe/>

Yield: 4 pints Prep time: 30 minutes Cook time: 12 hours

INGREDIENTS

- 6 1/2 lbs apples - peeled, cored and sliced
- 1 cup granulated sugar
- 1 cup light brown sugar, lightly packed
- 1 Tbsp ground cinnamon
- 1/2 tsp freshly grated nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 1 Tbsp pure vanilla extract



INSTRUCTIONS

1. Place the apples in a slow cooker. In a medium bowl, combine sugars, cinnamon, nutmeg, cloves and salt. Pour the mixture over the apples and mix well.
2. Cook in slow cooker on low for about 10 hours, stirring occasionally, until the mixture is thickened and dark brown.
3. Uncover, stir in vanilla and continue cooking uncovered on low for about 2 hours.
4. Use an immersion blender to puree the apple butter until smooth.
5. Spoon the mixture into sterile containers, cover and refrigerate for up to two weeks or freeze.
6. Serve on breads, muffins, pork chops or just eat it with a spoon.

Warm-Spiced Butternut Squash Soup

<https://www.myrecipes.com/recipe/warm-spiced-butternut-squash-soup>

Total Time 2 hrs 15 mins **Serves 10**

INGREDIENTS

- 4 lbs whole butternut squash
- ¼ cup extra-virgin olive oil, divided
- 7 cups water
- ½ tsp whole allspice
- ½ tsp black peppercorns
- 6 thyme sprigs
- 3 whole cloves
- 1 (3-inch) cinnamon stick
- 1 star anise pod
- 1 yellow onion, chopped
- 1 ½ tsp kosher salt
- 1 Tbsp cider vinegar
- ⅛ tsp crushed red pepper
- ½ cup pomegranate arils
- ¼ cup chopped fresh cilantro

DIRECTIONS

1. Peel and seed squash, reserving peels, trimmings, and seeds. Cube peeled and seeded squash. Heat a large Dutch oven over medium-high heat. Add 1 Tbsp oil; swirl to coat. Add squash scraps; sauté 8 minutes or until lightly browned. Add 7 cups water, allspice, and next 5 ingredients (through anise). Bring to a boil; cover, reduce heat, and simmer 45 minutes. Strain mixture into a large bowl; discard solids.
2. Wipe pan clean with paper towels; heat over medium heat. Add remaining 3 Tbsp oil and onion; cover and cook 5 minutes, stirring occasionally. Add cubed squash; cover and cook 10 minutes, stirring occasionally. Add reserved broth and salt; bring to a boil. Cover and simmer 40 minutes or until squash is very tender.
3. Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining squash mixture. Stir in vinegar and red pepper. Ladle soup into shallow bowls. Top evenly with pomegranate and cilantro.



Rice Pilaf with Nuts and Dried Fruit

<https://www.recipetineats.com/rice-pilaf/#wprm-recipe-container-32151>

Total time: 30 mins Servings 5

Switch the nuts and fruit to whatever you want, and feel free to customize the spices too.

INGREDIENTS

1/3 cup pistachios, shelled	1/2 cup raisins
1/3 cup slivered almonds	1/4 cup dried apricots
2 Tbsp unsalted butter (or olive oil)	Finely chopped parsley, optional garnish
2 garlic cloves, minced	1/4 tsp ground cinnamon
1/2 small onion, finely chopped	1/4 tsp ground cardamom
1 cup uncooked basmati rice	1/8 tsp ground cumin
1 3/4 cups vegetable or chicken broth	1/4 tsp black pepper

INSTRUCTIONS

1. Place dry, oil free large saucepan or small skillet over medium high heat.
2. Add almonds and pistachios. Toast lightly, shaking the pan, until the nuts smell amazing. Remove immediately.
3. Melt butter in a large saucepan over medium high heat. Add garlic and onion, saute until translucent.
4. Add rice and stir for 30 seconds or until mostly translucent.
5. Add Spices, stir. Add broth, sultanas and apricots, stir.
6. Cover with lid, bring to simmer then immediately turn heat down to medium low.
7. Cook for 15 minutes or until liquid is absorbed (tilt pot to check). Then remove pot from the stove (still covered) and leave, undisturbed, for 10 minutes.
8. Remove lid, use fork to fluff rice. Add most of the nuts, toss.
9. Transfer to serving bowl. Garnish with remaining nuts and a little sprinkle of parsley if using.



Colombian Roasted Sweet Plantains with Cream and Cinnamon

<https://www.serious-eats.com/latin-cuisine-roasted-sweet-plantain-cream-cinnamon-recipe>

by J. Kenji López-Alt

Total time 30 mins Serves: 4 servings



INGREDIENTS

- 2 ripe plantains (skins should be completely black)
- 1/2 cup crème fraîche or clotted cream (or mixture of heavy cream and sour cream)
- 1/4 cup sugar
- 1 tsp cinnamon

DIRECTIONS

1. Adjust oven rack to middle position and preheat oven to 350°F. Peel plantains and slit lengthwise, being careful not to cut all the way through. Use your fingers to open up the slit like a hot dog bun.
2. Spread crème fraîche evenly inside the slits. Sprinkle with sugar and cinnamon.
3. Place on a parchment-lined rimmed baking sheet and bake until fully tender and sugar has started to caramelize, about 30 minutes. Let cool slightly and serve.

Cincinnati Chili

<https://www.culinaryhill.com/cincinnati-chili/>

Made famous by Skyline Chili in Ohio, Cincinnati Chili is full of secret ingredients and served on spaghetti with lots of toppings, depending on which "way" you like it.

Total time 30 mins Servings **10 servings**



INGREDIENTS

1 Tbsp olive oil
2 onions, finely chopped (plus more for topping)
1 oz unsweetened chocolate
1 clove garlic minced
2 Tbsp chili powder
1 Tbsp dried oregano
1 1/2 tsp ground cinnamon
3/4 tsp allspice
1/2 tsp ground cloves
2 cups chicken broth
16 ozs tomato sauce
2 Tbsp apple cider vinegar
2 Tbsp tomato paste
2 tsp brown sugar
2 tsp Worcestershire sauce
Salt and freshly ground black pepper
2 lbs ground beef (preferably 85% lean)

For serving: cooked spaghetti, shredded cheese, dark red kidney beans, finely chopped onions, and oyster crackers (see below)

INSTRUCTIONS

1. In a Dutch oven or large pot over medium-high heat, heat oil until shimmering. Cook onions until softened, about 5 minutes.
2. Stir in chocolate, garlic, chili powder, oregano, cinnamon, allspice, and cloves until fragrant, about 30 seconds. Add broth, tomato sauce, vinegar, tomato paste, brown sugar, and Worcestershire sauce.
3. Stir in beef and bring to boil. Reduce heat and simmer until thickened, about 20 to 25 minutes. Season to taste with salt and pepper.
4. Serve over cooked spaghetti with desired toppings such as cheese, beans, onions, and crackers.

2-Way: Spaghetti, Chili

3-Way: Spaghetti, Chili, Cheddar Cheese

4-Way: Spaghetti, Chili, Cheddar Cheese, Onions OR Beans

5-Way aka "the works": Spaghetti, Chili, Cheddar Cheese, Onions AND Beans

Moroccan-Spiced Baby Carrots

<https://www.myrecipes.com/recipe/moroccan-spiced-baby-carrots>



INGREDIENTS

2 Tbsp extra-virgin olive oil
12 ozs peeled baby carrots
1 lemon, cut into 8 wedges
1 tsp ground cumin
½ tsp ground cinnamon
¼ tsp kosher salt
¼ tsp ground red pepper
1 Tbsp chopped fresh cilantro

DIRECTIONS

1. Preheat oven to 450°.
2. Combine first 3 ingredients in a medium bowl; sprinkle with cumin, cinnamon, salt, and pepper, tossing to coat carrots. Arrange carrot mixture in a single layer on a jelly-roll pan. Bake at 450° for 13 minutes, turning once. Sprinkle with cilantro.

Cinnamon-Spiced Moroccan Chicken

<https://www.marthastewart.com/1049754/cinnamon-spiced-moroccan-chicken>

INGREDIENTS

2 tsp ground cinnamon
1/2 tsp ground cumin
1 Tbsp ground turmeric
1/4 tsp chili powder
1/2 tsp salt
4 boneless, skinless chicken breast halves
2 Tbsp light olive oil
2 medium Granny Smith apples, peeled and chopped into small cubes
1/2 cup whole dates, pitted and sliced



DIRECTIONS

1. Combine 1 tsp of the cinnamon with the cumin, turmeric, chili powder, and salt in a resealable plastic bag. Add chicken and toss well to coat.
2. Heat olive oil in a large nonstick pan. Saute the chicken over medium heat until no longer pink in the center, about 5 minutes per side. Remove chicken from skillet.
3. Saute apples and dates in the skillet for 1 minute. Sprinkle with remaining tsp cinnamon; cook and stir to coat. Spoon apples and dates onto chicken. Serve warm.

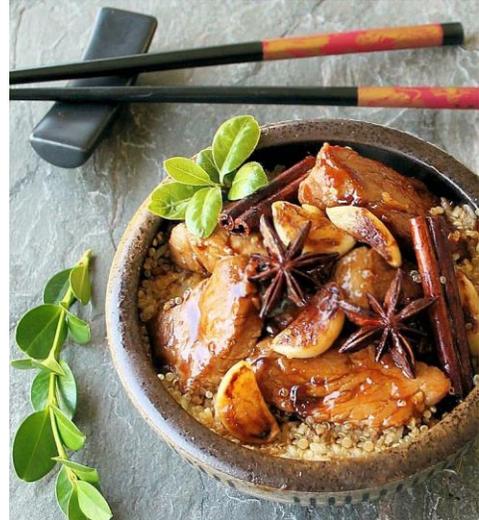
Soy-Braised Pork Loin with Star Anise & Cinnamon

<https://www.inspirededibles.ca/2014/09/soy-braised-pork-tenderloin-with-star.html>

Serves 6

INGREDIENTS

- 1 pork tenderloin (about 2.5 lbs), cut into chunks
- 10 Tbsp low-sodium soy sauce (or tamari for gluten free version)
- 1 Tbsp honey
- 1 cinnamon stick, broken in half
- 4 star anise
- 8-12 garlic cloves, peeled but left whole
- 2 Tbsp coarse sugar (like brown sugar)
- 1 cup water
- For the corn starch slurry: 1 heaping Tbsp corn starch and 4 Tbsp water



DIRECTIONS

1. Whisk together 6 Tbsp soy sauce and 1 Tbsp honey in a shallow dish large enough to accommodate pork.
2. Marinate pork pieces in the soy mixture for at least 20 minutes (or overnight).
3. In a large skillet or wok, sauté garlic cloves in some olive oil over medium heat until the garlic takes on a golden color.
4. Add the cinnamon sticks and star anise to the skillet and sauté together with garlic for another minute.
5. Add the marinated pork pieces to the skillet, allowing them to brown slightly.
6. Meanwhile, in a small bowl, whisk together coarse sugar with remaining 4 Tbsp soy sauce.
7. Pour the whisked soy mixture into the skillet along with the water and allow the dish to simmer uncovered for about 1 hour (or more) until the pork has cooked through and the sauce has reduced and darkened somewhat.
8. Prepare the corn starch slurry by whisking together the corn starch and water.
9. Add the corn starch slurry to the skillet mixing well to incorporate into the soy mixture and allowing the sauce to boil gently until the sauce has thickened (a minute or less).
10. Remove skillet from heat and plate the pork and garlic pieces over grain or vegetable of choice (leaving the cinnamon stick and anise behind).

Vietnamese Cinnamon-Braised Beef Stew (Thit Bo Kho)

<https://www.pccmarkets.com/recipe/vietnamese-cinnamon-braised-beef-stew-thit-bo-kho/>

Serves: 6

INGREDIENTS



2 lbs stew meat, cut into 1-inch pieces
1 onion, chopped
1-inch ginger, peeled and chopped
3 cloves garlic, minced
2 Tbsp fish sauce
2 Tbsp sugar
2 Tbsp high-heat oil
3 whole star anise
2 (4-inch) sticks cinnamon
1 stalk lemongrass, smashed
1/4 cup tomato paste
3 to 5 cups chicken or beef broth, as needed
2 bay leaves
2 Tbsp soy sauce

4 carrots, sliced ½-inch-thick
Chopped green onions or cilantro, for serving
Toasted French baguette, for serving (optional)

DIRECTIONS

1. Marinate beef, onions, ginger, garlic, fish sauce and sugar in a large sealable plastic in the refrigerator for 4 to 24 hours.
2. Heat oil over medium-high heat in a heavy, large pot or Dutch oven. Toast star anise and cinnamon until fragrant, about 30 seconds. Brown beef, onions, marinade and lemongrass in batches, 5 to 7 minutes. Stir in tomato paste to coat.
3. Cover with broth and add bay leaves and soy sauce. Bring to a boil, then reduce heat to a simmer. Cook for 1 to 1 1/2 hours, until beef is tender. Add carrots during the last 15 minutes of cooking time. Top with green onions or cilantro and serve alongside toasted baguette.



Cinnamon Roll Dutch Baby

Cinnamon Roll Dutch Baby

<http://sweetsavoryeats.com/2020/03/09/cinnamon-roll-dutch-baby/>

Total Time 25 minutes Servings 3

INGREDIENTS

Dutch Baby

¾ cup all-purpose flour
½ tsp. salt
3 eggs room temperature
¾ cup whole milk room temperature
½ tsp. vanilla extract
3 tbsp. unsalted butter cut into pieces

Cinnamon Swirl

¼ cup unsalted butter softened
¼ cup brown sugar
1 tsp. cinnamon, preferably Vietnamese
Pinch of salt

Glaze

4 oz. cream cheese softened
½ cup powdered sugar
3 tbsp. whole milk

INSTRUCTIONS

1. Place a 10-inch cast iron skillet into the oven. Preheat to 425.
2. In a large bowl, whisk together flour and salt. Make a well in the center and add the eggs, half of the milk, and vanilla. Whisk to combine. Whisk in remaining milk until well combined and smooth.
3. In a small bowl, combine all ingredients for the cinnamon swirl. Mix until combined. Transfer to a Ziplock or piping bag.
4. When the skillet is hot, remove it from the oven and quickly add butter, swirling to coat the skillet. Add the batter to the pan. Pipe the cinnamon mixture in a spiral/swirl, starting at the center and working outwards, leaving about a 1-inch border at the edge of the pan.
5. Bake for 15 to 20 minutes, until the pancake is puffed and browned.
6. While the pancake is baking, make the glaze. In a medium bowl, mix together all ingredients until smooth. When the pancake is done, drizzle with glaze mixture and serve immediately.

Quatre Epices Blend

<https://www.worldspice.com/recipes/quatre-epices>

INGREDIENTS

1-3/4 tsp black pepper	1 tsp cloves
1-3/4 tsp white pepper	1/2 tsp mace powder
1-3/4 tsp nutmeg	1 tsp cinnamon

In a small bowl, thoroughly mix all of the spices together. This will keep in a jar with a good rubber seal for a few months. For even fresher flavor, keep the cloves, black pepper and white pepper whole. Mix them in with the nutmeg, mace powder and cinnamon and store in a jar. You can then grind however much your recipe calls for when you need it.

Quatre Epices Cake

<https://www.silkroaddiary.com/quatre-epices-cake/>

From Sunset Magazine

INGREDIENTS

Cake

- 1/2 cup butter, softened
- 1 cup packed brown sugar
- Zest of 1 orange
- 2 large eggs
- 1-1/3 cups flour
- 2 tsp ground Quatre Epices
- 2 Tbsp unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup buttermilk

Frosting

- 2/3 cup butter
- 1/4 cup honey
- 1 tsp ground Quatre Epices
- 2 Tbsp half-and-half
- 1-1/2 Tbsp lemon juice
- 3 cups powdered sugar
- 2/3 cup chopped toasted walnuts



INSTRUCTIONS

Cake:

1. Preheat oven to 350°F. Butter and flour a 9-inch square baking pan. In large bowl, beat softened butter, brown sugar and zest until fluffy. Add eggs and beat batter until blended.
2. In a separate bowl, sift together flour and remaining dry cake ingredients.
3. Blend into batter at low speed one third of dry mix and half of buttermilk, alternately, until both have been mixed in. Spread batter in pan. Bake until toothpick inserted in center comes out clean, 25 to 30 minutes.
4. Remove from oven and let cool on rack 10 minutes. Loosen cake from pan with slender spatula, and invert gently onto rack, then re-invert onto another rack and allow to cool completely before frosting.

Frosting:

1. Set medium saucepan over medium-low heat. Cook butter until deep golden brown, swirling occasionally, 10 to 15 minutes. Pour into a mixer bowl and allow to cool.

2. Chill butter bowl until butter is firm enough to beat, about 30 minutes. Add remaining frosting ingredients, except for nuts, and beat until fluffy, 1 to 2 minutes.
3. Split cake horizontally with long serrated knife. Lift off top layer with 2 large spatulas and carefully set aside. Set bottom layer on platter, and spread upper surface with half of frosting. Replace top layer, and spread upper surface with remaining frosting. Sprinkle with nuts.

Easy Swedish Cinnamon Buns (Kanelbullar)

<https://true-north-kitchen.com/swedish-cinnamon-buns/>

This recipe uses the method of tangzhong, which you can read about at the end of this booklet.

Total Time: 3 hours 30 minutes Servings: 12 buns



INGREDIENTS

For the Tangzhong:

- 5 Tbsp water
- 5 Tbsp whole milk
- 3 Tbsp all-purpose flour

For the Dough:

- 5 Tbsp melted unsalted butter, cooled
- ½ cup whole milk, slightly warm
- 2 tsp instant yeast
- ½ tsp ground cardamom, optional
- 1 tsp fine salt
- ¼ cup granulated sugar
- 3 cups + 2 Tbsp all-purpose flour
- 1 large egg

All of the tangzhong cooled

For the Filling:

- 5 Tbsp soft unsalted butter
- 1 tsp all-purpose flour
- Pinch of fine salt
- 3 Tbsp packed light brown sugar
- 2 tsp ground cinnamon

For the Egg Wash and Topping:

- 1 large egg
- 1 Tbsp water
- Pearl sugar for topping

INSTRUCTIONS

1. Make the tangzhong: Combine water, milk and flour in a medium saucepan. Whisk until combined and no lumps remain. Place saucepan over medium heat and cook mixture, whisking constantly, until it thickens, about 1-2 minutes. Set aside to cool.
2. Make the dough: Combine yeast, cardamom, salt, sugar and flour in the bowl of a stand mixer. Whisk briefly by hand to combine.
3. Attach the dough hook to the mixer. Add melted and cooled butter, slightly warm milk, egg and the cooled tangzhong (it can be slightly warm to the touch) to the dry

ingredients. Mix on medium low until fully combined, scraping down the sides of the bowl as necessary.

4. Increase mixer speed to medium and knead mixture for 4 min or until dough is smooth and clears the side of the bowl. (Or mix and knead the dough by hand, 8-10 min.)
5. Cover bowl with plastic wrap and allow to rise for an hour or until doubled.
6. In the meantime, make the filling. Combine butter, flour, salt, brown sugar and cinnamon in a medium bowl. Using a fork, mix ingredients together until a smooth, spreadable paste forms.
7. Once the dough has risen, preheat oven to 425 degrees. Line two baking sheets with parchment paper. Remove the dough from the bowl and place it onto a clean countertop. Roll out with a rolling pin to a 16x20 rectangle. If dough is sticking, however, sprinkle with a little flour.
8. Using an off-set spatula, spread filling in a thin layer over the surface of the dough.
9. Fold the dough like a business letter going the long way: bring the top third of the dough down over the center third and bring the bottom third up over both the center and top third. You may need a metal dough scraper to help coax your dough from the counter top if it is sticking. Roll out folded dough just to flatten slightly.
10. Using your dough scraper, sharp knife or a pizza wheel, cut the folded dough into 12 equal size pieces.
11. Working with one piece of dough at a time, twist the strip of dough as you hold it between your thumbs and forefingers until it has a nice spiralized appearance.
12. While you continue to hold the dough in the thumb and forefinger of one hand, use your free hand to wrap the twisted strip of dough around the three middle fingers of the hand that holds the dough strip, tucking the last bit of the dough strip up and through the center of the circle you have just created. Place 6 shaped buns on each prepared baking sheet, then cover with plastic wrap and set aside. Let covered buns rise for an additional 30-45 minutes.
13. Meanwhile, make the egg wash. Whisk egg and water together in a small bowl. Once the buns have risen and are ready to go into the oven, brush the surface of each bun with the egg wash. Generously sprinkle pearl sugar over the top of each bun.
14. Bake one pan of buns at a time for 12-14 minutes or until golden brown. Repeat with remaining pan. Move to a wire rack to cool slightly and serve.

Tangzhong Technique

<https://www.kingarthurbaking.com/blog/2018/03/26/introduction-to-tangzhong>

This Asian technique — which has origins in Japan's yukone (or yudane) and was popularized across Asia by Taiwanese cookbook author Yvonne Chen — cooks a small percentage of the flour and liquid (water or milk) in a yeast recipe very briefly before combining the resulting thick slurry with the remaining ingredients.

How does this technique affect yeast dough? It pre-gelatinizes the starches in the flour, meaning they can absorb more water. In fact, flour will absorb twice as much hot water or milk as it does the cool/lukewarm water or milk you'd usually use in yeast dough.

Not only does the starch in the flour absorb more liquid; since heating the starch with water creates structure, it's able to hold onto that extra liquid throughout the kneading, baking, and cooling processes. Which in turn means:

Since there's less free (unabsorbed) water in the dough, it's less sticky and easier to knead; The bread or rolls may rise higher, due to more water creating more internal steam (which makes bread rise in the oven — along with the carbon dioxide given off by the yeast); Having retained more water during baking, bread and rolls will be moister, and will stay soft and fresh longer.

MORE RECIPES

Cinnamon Fennel Braised Pork

<https://fedandfit.com/cinnamon-fennel-braised-pork/>

Baharat Smashed Potatoes

<https://www.laboiteny.com/blogs/recipes/baharat-smashed-potatoes>

Bariis (Basmati Rice Pilaf with Raisins)

<https://www.rachaelrayshow.com/recipes/bariis-basmati-rice-pilaf-with-raisins>

Spicy Veggie Hash

<https://www.myrecipes.com/recipe/spicy-veggie-hash>

Saffron Chicken Korma

<https://www.eatingwell.com/recipe/7937706/saffron-chicken-korma/>

Cinnamon-Apricot Glazed Salmon

<https://www.myrecipes.com/recipe/cinnamon-apricot-glazed-salmon>

Stuffed Eggplant with Lamb and Pine Nuts

<https://www.myrecipes.com/recipe/stuffed-eggplant-lamb-pine-nuts>

Lamb Tagine with Cinnamon, Saffron, and Dried Fruit

<https://www.myrecipes.com/recipe/lamb-tagine-with-cinnamon-saffron-dried-fruit>

Chipotle Cinnamon Picadillo

<https://www.mexicanplease.com/chipotle-cinnamon-picadillo/>

Lamb Koftas with Yoghurt Dressing

<https://www.recipetineats.com/lamb-koftas-yoghurt-dressing-2/>

Fusilli with Whipped Feta, Cinnamon, and Crispy Garlic

<http://www.kneadinghome.com/blog/2016/1/25/fusilli-with-whipped-feta-cinnamon-and-crispy-garlic>

Golden Cauliflower Soup

<https://www.acouplecooks.com/moroccan-spiced-cauliflower-soup/>

Curried Red Lentil Soup

<https://www.eatingwell.com/recipe/252763/curried-red-lentil-soup>

Slow Cooker Mashed Sweet Potatoes

<https://slowcookerfoodie.com/slow-cooker-mashed-sweet-potatoes/>

Mexican Conchas

<https://www.tastingtable.com/685954/mexican-conchas-recipe-sweet-bread/>

Venezuelan Arroz con Leche (Rice Pudding)

<https://thecookwaregeek.com/venezuelan-rice-pudding/>

Iranian Almond and Walnut Filled Crescents (Ghotab)

<https://www.aheadofthyme.com/2016/03/ghotab-gottab-pastry-traditional-iranian-walnut-filled-crescents/>

Air Fryer Honey Cinnamon Butternut Squash

<https://www.everydayfamilycooking.com/air-fryer-honey-cinnamon-butternut-squash/>

Baked Brie with Apples

<https://www.theanthonykitchen.com/baked-brie-with-apples-and-walnuts-appetizer-recipe/>

Pumpkin Hummus

<https://www.spoonfulofflavor.com/cinnamon-spice-pumpkin-hummus/>

Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

<https://juliasalbum.com/roasted-brussels-sprouts-cinnamon-butternut-squash-pecans-and-cranberries/>

Chocolate Cinnamon Rugelach

<https://bakedbree.com/chocolate-cinnamon-rugelach>

Roasted Sweet Potatoes with Honey and Cinnamon

<https://www.cookingchanneltv.com/recipes/roasted-sweet-potatoes-with-honey-and-cinnamon-1946538>

Homemade Coconut Chai Tea Latte

<https://www.cookingchanneltv.com/recipes/bobby-flay/homemade-coconut-chai-tea-latte-2121013>

Chicken with Dates, Olives, and Cinnamon

<https://www.myrecipes.com/recipe/chicken-dates-olives-cinnamon>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Saturday, October 29 @ 12 pm in person. See other food resources and register to receive email updates about kits and meetings at

<https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.